

# Wellness Class Schedule

## January 2021



	Community Room Land Classes		Shallow H2O		Deep H2O		
MONDAY	8:00-8:45am	Funk Aerobics - Lawrence	7:00-7:45am	Aquacise - Lawrence	10:00-10:45am	Aqua Boot Camp - Lawrence	
	9:00-9:45am	HI-Low - Kimi	8:00-8:45am	AF&More - Judy	11:00-11:45am	Aquacise - Rose	
	10:00-10:45am	Core Blast - Kimi	8:45-9:30am	Silver Splash - Lawrence	6:00-6:45pm	Aqua Boot Camp - Rose	
	11:00-11:45am	Yoga - Kimi	7:00-7:45pm	H2O Fit - Lawrence			
	12:15-1:00pm	Classic Chair - Rose					
	5:30-6:15pm	HIIT Circuit - Kimi					
	6:45-7:30pm	Stretching - Kimi					
TUESDAY	8:00-8:45am	Tai Chi - Karen	7:00-7:45am	Aquacise - Lawrence	6:15-7:00am	Running U - Rose	<b>Important Dates and Closures</b>
	9:15-10:00am	Zumba Gold - Rose	8:00-8:45am	AF&More - Jane	7:00-7:45am	Running U - Rose	
	***10:00-10:45am	Power Pump - Lawrence***	8:45-9:30am	H2O Fit - Jane	9:00-9:45am	Finning - Lawrence	
	10:15-11:00am	Interm. Line Dance - Pauline	12:30-1:00pm	Aqua 30/30 - Lawrence	1:00-1:30pm	Aqua 30/30 - Lawrence	
	11:15am-12:00pm	Classic Chair - Rose			6:00-7:00pm	Running U - Rose	
	12:15-1:00pm	Cardio Strength - Rose					
WEDNESDAY	8:00-8:45am	Zumba - Heather	7:00-7:45am	Aquacise - Lawrence	<b>Morning and Midday Deep Water Classes have moved to Shallow Water for the following Wednesdays: 1/13, 1/20, 1/27</b>		SwimRVA Closed New Year's Day
	9:00-9:45am	Strength & Balance - Heather	8:00-8:45am	AF&More - Jane			
	10:00-10:45am	Core Blast - Heather	8:45-9:30am	Aquacise - Lawrence	9:00am Aqua Fun Participants should attend the 8:45am Aquacise Shallow water class		<b>Thursday, January 14 and Friday, January 15</b>
	11:00am-12:00pm	Gentle Yoga - Kimi	10:00-10:45am	Aqua Body Blast - Lawrence			
	12:15-1:00pm	Ball and Balanced - Kimi	11:00-11:45am	Aquacise - Rose			SwimRVA Closed (tentatively) TYR Pro Series Meet
			12:00-12:45pm	AF&More - Judy			
			7:00-7:45pm	Aquacise - Lawrence	6:00-6:45pm	Zero Impact - Rose	
THURSDAY	8:00-8:45am	Stretching - Lawrence	7:00-7:45am	Aquacise - Lawrence	6:15-7:00am	Running U - Rose	<b>Friday, January 22</b> <b>Aqua Zen Pop Up Class with Debi</b> A Gentle, Mind-Body Water Class 10:00-10:45am, Instructional Pool
	9:15-10:00am	Zumba Gold - Rose	8:00-8:45am	AF&More - Jane	7:00-7:45am	Running U - Rose	
	***10:00-10:45am	Power Pump - Lawrence***	8:45-9:30am	H2O Fit - Jane	9:00-9:45am	Finning - Lawrence	
	10:15-11:00am	Beg. Line Dance - Pauline	12:30-1:00pm	Aqua 30/30 - Lawrence	9:45-10:30am	Aqua Fun - Jane	
	11:15am-12:00pm	Classic Chair - Rose			1:00-1:30pm	Aqua 30/30 - Lawrence	
	5:30-6:15pm	Boot Camp - Lawrence					
	6:45-7:30pm	Pilates - Lawrence			6:00-7:00pm	Running U - Rose	
FRIDAY	8:00-8:45am	Stretching - Lawrence	7:00-7:45am	Aquacise - Lawrence	10:00-10:45am	Aqua Body Blast - Rose	<b>New Year, New Goals!</b> Kick off 2021 with a complimentary Wellness Consultation! Drop by the front desk to schedule a fitness assessment and goals session.
	***8:00-8:45am	Beginner Tai Chi - Karen***	8:00-8:45am	AF&More - Judy	11:00-11:45am	Aquacise - Lawrence	
	9:00-9:45am	Tai Chi - Karen	8:45-9:30am	Aquacise - Lawrence			
	10:00-10:45am	Core Blast - Lawrence					
	11:15am-12:00pm	Classic Chair - Rose					
	12:15-1:00pm	Cardio Strength - Rose					

\*\*\*Indicates class will be held outside or on the pool deck.\*\*\*



# Wellness Month-At-Glance: January 2021



Monday	Tuesday	Wednesday	Thursday	Friday
December 28	December 29	December 30	December 31	1
			SwimRVA Closing @12pm New Year's Challenge 2-5pm	SwimRVA Closed Happy New Year!
4	5	6 11:00am Deep H2O moved to Shallow	7	8
11	12	13 Morning+Midday Deep H2O Classes moved to Shallow	14 SwimRVA Closed for TYR Pro Swim Meet	15 SwimRVA Closed for TYR Pro Swim Meet
18	19	20 Morning+Midday Deep H2O Classes moved to Shallow	21	22 Pop Up Class 10am Aqua Zen
25	26	27 Morning+Midday Deep H2O Classes moved to Shallow	28	29



# Wellness Class Descriptions



<b>Class Zones:</b>	Zone 1 = conversational	Zone 2 = hard to converse	Zone 3 = working hard, breathing hard	Zone 4 = really kicking butt
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## Water Classes

AF & More	zone 1	(Arthritis Foundation) Shallow Water exercise program proven to help reduce pain and stiffness while increasing strength, flexibility, and endurance. Suitable for every fitness level.
Aqua 30/30	zone 3	Medium to intense class that will run in shallow water for 30 mins and then transition to deep water for 30 mins.
Aqua Body Blast	zone 4	Challenging deep water, whole body workout designed to build strength, definition, and endurance.
Aqua Boot Camp	zone 4	High intensity, deep water class designed with cardio and toning components to challenge participants of all ages and fitness levels.
Aquacise	zone 3	Low to medium impact, class promoting flexibility, range of motion, and agility while building cardio vascular endurance. Class runs in shallow and deep water.
Aqua Fun	zone 2	Introductory deep water class, great for building strength and cardiovascular endurance.
Finning	zone 3	High energy, aerobic class in deep water, using flippers for extra resistance.
H2O Fit	zone 3	Shallow water class targeting a wide range of fitness levels from beginner to advanced, prenatal and postnatal.
Running University	zone 4	Deep water class consisting of running motions and interval training. Great for runners or those looking for a great cardiovascular workout.
Silver Splash	zone 3	Shallow water class, lots of fun and will improve agility, flexibility, and cardiovascular endurance.
Zero Impact	zone 3	Intermediate to advanced deep water class designed to provide a joint friendly, full body workout.

## Land Classes

Beginner Line Dancing	zone 1	Lots of energy, fun with great music, learn all classic line dances.
Ball and Balanced	zone 2	This class utilizes pilates balls and core exercises to build strength, improve balance, and promote fluidity of movement.
Boot Camp	zone 4	Challenging class that uses body weight exercises and weights to tone muscle while building cardiovascular endurance.
Cardio Kickboxing	zone 4	High energy, non-contact kickboxing. Combines elements of boxing, martial arts and traditional aerobics. Open to all levels of fitness.
Chair Yoga	zone 1	Chair supported yoga practice to reduce stress, increase range of motion, and promote mental well-being and resiliency.
Classic Chair	zone 1	Move to the music through chair supported strength and range of motion exercises to improve functional daily life.
Core Blast	zone 3	Core focused class incorporating standing, seated, and floor mat exercises.
Funk Aerobics	zone 3	Functional strength and cardio workout set to a playlist of funky and fabulous music.
HIIT Circuit	zone 4	Circuit training is a combination of exercises structured into sets with predetermined number of repetitions. HIIT (high intensity interval training) utilizes short intervals of intense effort to elevate your heart rate and burn fat more effectively.
HI-Low	zone 3	High Intensity, Low Impact is a class designed with intervals of intense activity to elevate your heart rate and burn fat. To protect your joints, exercises taught in this class are Low Impact, meaning they are safe for participants of all abilities.
Pilates	zone 2	Combines stretching, strength building exercises and breath control to offer full body transformation and improved posture.
Power Pump	zone 3	Total body strength workout including flexibility and balance exercises. Supports health metabolism and fights age related bone loss.
Stretching	zone 1	Calming class focused on active recovery and muscle relaxation.
Strength + Balance	zone 2	Designed to help you build muscle and core strength through functional, low impact exercises. Class will also include balance and flexibility work.
Tai Chi	zone 1	An ancient Chinese practice of energy flow and body awareness. Gentle flowing movements combined with breath work and balance. Rejuvenating for all fitness levels.
Yoga	zone 2	An ancient practice to revitalize and calm the body, mind, and spirit. Flow through movements with controlled breathing, tune into your full body awareness.
Zumba	zone 3	Full body cardiovascular workout set to Latin themed dance music. A fun and fabulous way to get fit.
Zumba Gold	zone 3	Designed for active older adults, a modified zumba class recreating the same movements at a lower intensity.